

# Urology Associates of Rochester

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Dear Pat FName :

**Your Pyeloplasty is scheduled at:**

**on**

**The hospital/surgical center will notify you of your arrival time for your procedure.** Your pre-surgical testing is scheduled at your/the .

Pyeloplasty is a surgical procedure to remove and repair scar tissue in the kidney that is interfering with urinary drainage.

## **PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW**

1. You will be admitted to the hospital the day of your surgery. You will spend an average of 2 - 5 days in the hospital.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**

## RECOVERING FROM SURGERY: WHAT TO EXPECT

1. You will awake from surgery with a catheter in your urethra, which drains urine from your bladder. This allows your urinary tract to rest and recover. The catheter must remain in place for two weeks so you will be going home with it. The physicians and nurses will explain all this during your hospital stay.
2. You will have an internal stent (a small plastic tube from the kidney to the bladder which will bridge the repair during surgery) inserted during the surgery. The stent will be removed 4-6 weeks after your surgery in the office.
3. You will have a drainage tube coming out of the incision, which prevents fluid build up and infection. This drain will be in place for 1-2 days. It is often removed prior to discharge. If you go home with this drain in place, the physicians and nurses will explain all this during your hospital stay.
5. You may experience some pain on urination, some blood in your urine, and some frequency. These are all normal.

## INSTRUCTIONS: POST PYELOPLASTY

### DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

### ACTIVITY:

1. Do not lift anything heavier than 10lbs for 6 weeks.
2. It is okay to shower. **No bathing** until seen by the doctor.
3. It is okay to climb stairs when discharged from the hospital.
4. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
5. Avoid any heavy lifting or strenuous exercise for 4 - 6 weeks to give the incision time to heal.

### DRIVING:

**No driving until seen in the office by the physician.**

### SEXUAL ACTIVITY:

**No sexual activity until seen by the physician.**

### INCISION SITE:

Observe the incision daily. Some redness and drainage at the incision site is normal. If you notice any increased redness, increased tenderness, purulent (puss like) drainage from the incision, and/or develop fever and chills, please call the office.

### MEDICATIONS:

Please refer to the surgery medication list provided.

### STENTS:

You may have an internal stent (small plastic tube located between the kidney and bladder) in place which will bridge the repair. This stent will be left in for 4-6-weeks until it is removed in the office with a simple procedure. You may experience some urgency (increased desire to

urinate), burning, frequency, flank pain, abdominal pressure and blood in your urine. The blood in the urine may be constant or intermittent and may increase with activity. These symptoms are all normal. If you have increased pain, fever or chills please notify the doctor at (585)232-2980.

**DRAIN:** If you go home with a drain (a tube placed into the incision exiting through the skin to drain the area) the doctor will give you instructions on taking care of it.

**FOLEY CATHETER:** (Tube in urethra which drains your urine.) It is normal to feel some pressure and discomfort from the catheter. You may also experience some leaking around the catheter; this is also normal. Always make sure that the tubes are not kinked so the urine can flow freely. If the catheter is not draining well or if leakage is excessive around the cath, please call the office at (585)232-2980.

**BOWELS:** One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements, or you may elect to use Metamucil, or add fruits and vegetables to your diet. Milk of Magnesia 30cc is recommended if your stools are hard or if you feel constipated.

**FOLLOW-UP:** Your follow up appointment is scheduled for N DShort at N Time in our N Loc Name office.

**Please note:** You will need to report to the office 10 minutes prior to your scheduled appointment time.

**If you have any questions or concerns, please call us at (585)232-2980.**